

Project Title	Enhanced Recovery After Surgery (ERAS): Feasibility of Pre-operative Carbohydrate (CHO) Loading in Patients Undergoing Major Head and Neck Cancer Surgery with Free Flap Reconstruction	
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Lay Summary	<p>The ERAS Study is examining the potential of pre-operative carbohydrates to improve post-operative recovery.</p> <p>Target participants will be aged above 18 years and undergoing major surgery with free flap reconstruction for head and neck cancer.</p> <p>The first of two groups in this study will receive standard care and be followed up for a number of outcomes after their procedure, including weight, BMI, blood biochemistry, length of hospital stay and surgical outcomes. The next group will receive a program of carbohydrate loading the night before and morning of their procedure, and have the same outcomes assessed after their procedure.</p>	

It is hoped this study will contribute to the development of a preoperative carbohydrate program for patients undergoing surgery for head and neck cancer.